

CONCENTRATION AS A FACTOR TOWARD MAKING A SUCCESSFUL CAREER—WOMAN'S INTERESTS

SELF-RELIANCE AND SUCCESS A MATTER OF CONCENTRATION

Well-Directed Thought Cannot Fail to Shape Our Lives—Self-Expression Should Be Encouraged in the Child

FOR many generations children have been taught repression. When a child manifested an unusual amount of originality steps were immediately taken to make it more "like other children."

Nowadays psychologists who have the welfare of the young at heart are making a careful study of the effects of different courses of training, and as a result new theories and methods are being evolved. Witness the Montessori school, for instance.

This same principle applies to older persons. Self-expression brings with it self-reliance, and with this quality comes success.

In an interesting treatise on the value of concentration, F. W. Sears says: "The world is full of people who are afraid of who know they are failures. They unconsciously concentrate upon their weaknesses, frailties and faults instead of upon their good qualities, and so they never amount to anything. It is hard to see and to concentrate upon the 'good' in anything; it seems to be so much easier to pick out the 'bad,' the destructive side and concentrate upon it."

Many persons mistake the 'going into silence' as being the only true method of concentration. It is true that this is one form, but it is also true that it is a most destructive form when persisted in for any length of time. The people who

have gone insane over religion have always been those who dealt with and lived largely in the abstract side because they thought it so 'spiritual.'

"True spirituality comes as the result of the development of all of one's faculties evenly and harmoniously. To deal only with the abstract side of life is to become abnormally developed, and the same is true when one deals only with the concrete or material side.

"Few persons lack the ability to concentrate. Nearly every one can concentrate his mind on anything which interests, irritates or annoys him. The trouble with most of us is not because of our inability to concentrate, but rather that most of the time we concentrate on what we do not want; that is done unconsciously and ignorantly. The lack of regularity in the use of the will power is where the greatest weakness lies."

Vyvettes



To be in the height of fashion this spring, one's hats must be high. This little hat, being in the aid of a shiny black satin ribbon to build things up to the required spring height.

Woman like, as soon as I found that Dicky's sympathies were with me in a position of controversy with his mother I was satisfied without any public championing of my rights.

"Please, Dicky," I said hastily, "don't do that. You would only make matters worse. I will manage it all right, only—"

MY MARRIED LIFE BY ADELE GARRISON

DICKY was stretching his arms lazily when I returned to the room.

"Where have you been?" he asked, then mischievously, "I thought perhaps you had flown the coop again."

I had hard work restraining an acid remark to this vulgar speech. It seemed to me Dicky would have shown much better taste if he had refrained from making any reference to the exciting scenes of the day before.

"I have been in the kitchen," I answered quietly.

"Do you usually prow around at this time in the morning? I think Katie ought to be able to see to things without your getting out in the cold."

"I heard voices and thought perhaps your mother was ill and needed something," I replied.

"Is mother ill?" Dicky demanded anxiously.

"No," I responded laconically. I was determined to pick my way very carefully, to volunteer no information and to answer Dicky's questions with as few words as possible.

"I fully realized that I had a most delicate domestic problem to deal with. Dicky's mother was evidently used to having her wishes accepted as law. However I managed the situation. I must not begin by antagonizing Dicky."

"Whatever was mother doing in the kitchen?" Dicky asked.

"Teaching Katie how to make coffee," I replied demurely. Dicky stared at me for a moment and then threw back his head and laughed.

"At her old tricks I see," he commented. "I suppose mother has had more battles over the proper way to make coffee than Roosevelt ever had with the members of his Annapolis Club."

"AN ALLIANCE WITH DICKY "But I think your mother wishes all of the coffee made the same way," I returned. "She says she is going to get a coffee pot today."

"I wish mother could ever keep her hands off things that do not concern her," he said irritably, and although I felt ashamed, my heart leaped at the words. "I will have to speak to her," he continued.

"Woman like, as soon as I found that Dicky's sympathies were with me in a position of controversy with his mother I was satisfied without any public championing of my rights."

"Please, Dicky," I said hastily, "don't do that. You would only make matters worse. I will manage it all right, only—"

"I felt almost as if a decisive moment had come. Katie's back was eloquent. I could see that she was purposely lingering over the dishes on the buffet table."

"Dicky looked at me quizzically, then stooped and kissed me.

"All right, sweetheart," he said.

Richard His mother's voice sounded outside the door. We both started guiltily. How much had she heard?

"Aren't you and Margaret dressed yet?" the imperative voice went on. "Breakfast must be almost ready."

"We'll be there directly," Dicky said hastily. Then to me, "How we're both going to get our showers and dressed before she is after us again, I don't know. What do you suppose she is in such a hurry for breakfast for?"

Into my mind flashed a picture of my own white mother and the impatient craving for food which was here in the early morning. The memory made my voice soft as I replied to Dicky.

"I think all elderly persons are hungry in the morning, especially those who are not quite well," I said. "Let's dress as fast as we can. You get your shower and hurry back. I will not take one this morning, but get into something quickly."

I dislike being hurried about my dressing, but when it is necessary I can get into my clothing very quickly. I twisted my hair into a simple low knot and rushed into my clothes. I selected a blue linen house gown which was especially easy to fasten, so that when Dicky came back from the bathroom I was all ready for breakfast, save bathing my face and hands.

"Gee!" said Dicky approvingly, "talk about lightning change artists! Any time you want to go into vaudeville I'll get you a season on the big time."

I bathed my face and hands and went into the living room, where Dicky's mother was reading the morning paper. She put up her lorgnette and surveyed me from head to foot. "The use of a lorgnette is something I despise as an affectation, but I had to admit that the elder Mrs. Graham handled hers as if she had been given one in place of a rattle in her cradle."

"You look very nice, Margaret," she said with the patronizing air that some women can no more help than they can help their way of breathing. "I am very glad you do not breakfast in a boudoir cap and kimono as so many women do nowadays."

"I was spared the necessity of answering her by Dicky's entrance. He looked very handsome in his morning clothes.

"Good morning, mother!" he said cheerily, kissing her. "Sorry to have kept you waiting, are you nearly starved?" She snatched perceptibly.

"I am hungry," she admitted.

"Well then, on to the breakfast table!" and Dicky took each of us by the arm and rushed us gayly into the dining room. The breakfast was well cooked and well served, although Katie's air was still a bit sulen.

When she brought the coffee and Mrs. Graham tasted it with an air of testing, I saw a gleam of triumph in my mother-in-law's eyes.

"There," she said, "that is something like coffee! Dicky, taste yours and tell me if this doesn't remind you of the old times at home."

"I felt almost as if a decisive moment had come. Katie's back was eloquent. I could see that she was purposely lingering over the dishes on the buffet table."

"Dicky looked at me quizzically, then stooped and kissed me.

"Why, I don't know, mother," Dicky's tone was judicial. "This is rattling good coffee, but I don't see any particular difference in the taste of it and that which Katie gives us every morning."

"Then you have lost your sense of taste altogether," his mother snapped and said but little during the rest of the meal.

"But I think if I had been a primitive woman I should have gone out and joined Katie in the dance steps which I was sure she was executing in the kitchen."

"Copyright." "Continued Tomorrow"

When Mary Goes Walking When Mary goes walking, The autumn winds blowing, The poplars they cursive, The larches bend low, The oaks and the beeches, Their gold they fling down, To make her a carpet, To make her a crown! —Patrick R. Chalmers.

FRIDAY'S FASHION SUGGESTION



Many years ago, when Louis XV was King of France, the Chinese Emperor sent an Ambassador to Paris. The fashionable Parisians were astounded at the richness of the costumes worn by the ambassadorial party, and in their enthusiastic appreciation of the Chinese art in dress adopted many of the Far Eastern modes.

Once again the Chinese influence is strongly felt in the realm of fashion. Rare embroideries and elegant fabrics are being utilized to fashion stunning gowns, wraps and millinery.

So wonderful are the trimmings, tassels, fringe, unbrodered belts and jeweled necklaces that have come from far-away China that they could yield such treasures.

There are head-dresses of exquisite workmanship studded with jade, amber and precious stones. The loveliest of these consists of a jeweled bandeau ornamented with two large gold tassels.

The ancient Chinese of the upper class were very lavish in the use of ornaments. The jewelry that has been designed to wear with frocks of Chinese inspiration are copies of antiques.

The Chinese blouse shown in this drawing is a modification of the mandarin coat. It is of midnight blue silk with embroidered medallions in tones of blue, dull red and gold. Bands of the embroidery trim the sleeves, neck and lower edge.

With this coat is worn a necklace and a girdle of rare beauty. The Tartar necklace is barbaric in design, showing hand-wrought links of green gold separated by jade balls. From the chain hangs a circular medallion enameled in red, green, yellow and blue. Flat tassels of green gold hang from the sides.

The girdle is formed of circular links of green gold. The artistic clasp is of peaceock stone and green gold with large pear-shaped drops of the same semiprecious stone.

Crowning the very "Chinese" costume is a mandarin hat of midnight blue straw trimmed with a satin headband and a tassel.

It is a popular fashion to wear brooches made of antique Chinese coins inset with jade. They are extremely artistic and expensive enough to be within the reach of all who admire them.

Copyright.

HOUSEHOLD HINTS

SPRING housefurnishing time will soon be here. The shops are already holding their alluring sales, and there are many temptations to replace the worn and faded equipment with bright, new things and to invest at last in the many covered labor-savers. But before buying it is well to keep in mind a few rules which will prevent later regrets over purchases that have not fulfilled your anticipations. All labor-savers, so-called, are not what they seem, and each one should first be put to a test to find out if it is easy to use.

Sometimes a really good piece of household machinery is so very well made that it is complicated and difficult to use. For example, this is often true of some machines for washing clothes or dishes, sweepers and hundreds of lesser devices. They are excellent if you make up your mind to spend time learning exactly how to use them. But otherwise it is unwise to buy them. A simpler mechanism is better.

Even the simple labor-savers require understanding, and one of the best helps is to decide in advance that you will give time to study how to use machines for saving household work. Moreover, armed with such information, you will be able to judge quickly whether a machine is unnecessarily complicated or whether it is simply a question of giving a little time to do justice to the device.

Is the device easy to keep clean? Occasionally some machine that cleans efficiently is so built that it takes longer to clean the machine thoroughly than to clean the room by an old-fashioned method. Fortunately, we have a wide range of choice, and by avoiding the device with a needless number of parts, you will not encounter yourself with a cleaner that's hard to keep clean.

How often will you use the machine? Is a praiseworthy desire to have the home well-stocked with equipment many householders overlook and are efficient, but they are well rarely. For example, in an exhibition of a model kitchen for an average home, once saw what the demonstrator called a "dunk press." I found out later that the machine really was a great help in large hotels and institutions, but in the average home it would not be used three times a year. Similarly, there are expensive floor preparers that are efficient, but because of their cost are a dead investment. Buy household help at a cost in accordance with the number of times you will use them.

These are all suggestions for cutting down expenses in household refurnishing. Now remember that the more really good labor-savers you have the more you save your own strength, and the more time you have for outside interests and recreation with your family. A good dishwasher, washing machine, fireless cooker or vacuum cleaner may save you hours each day. If you value the extra hours you can have with your family, save on the spring hat and invest the difference in good household labor-savers.

Copyright.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. How can one remove the meats from pecan nuts without breaking them?
2. How can a cloudy appearance be removed from glassware?
3. When does the mackerel season arrive?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. The shad season lasts from January until June.
2. It is said that oil of eucalyptus will remove machine oil from a garment.
3. When filling hot water bottles a funnel is used, the steaming water will not touch the neck of the bottle. It is here that the first leaks usually appear.

Special Recipes for Orange Day

Dear Madam—I am sending you several good recipes for the housekeeper who observes Orange Day, which will be Saturday.

Orange Bavarian Cream—Dissolve one-half package of gelatin in one cup cold water for an hour, then stir into it a cup of boiling water.

Orange and Tomato Salad—Three equal-sized and sliced tomatoes, one-half teaspoon sugar, one-half teaspoon chopped chives, four tablespoons olive oil, four tablespoons brandy, salt and pepper to taste.

Dinner for Ten Dollars To the Editor of Woman's Page: Dear Madam—I noticed in the Woman's Exchange your suggestion for a luncheon which would cost within \$4. Do you think I could manage a formal dinner for ten people within \$10, not counting place cards and flowers? Of course, no wine in that amount. I would be grateful if you would suggest an economical menu.

I think you could get up a very nice dinner of six courses and coffee, which would be ample for ten persons. Oysters on the half shell; mock turtle soup; filet of beef and mushroom gravy, peas and potato balls; stuffed tomato salad, crackers; ice cream; meringue, cake, candies, nuts; coffee. If you make your own mayonnaise, salt your own nuts and make your cakes the cost would be less, of course. As it is, the items should be about as follows:

- 50 oysters (allowing five each) @ 2c = \$1.00
1 piece hors d'oeuvre foot = .05
2 lemons = .10
10 pounds mock turtle soup = 1.00
3 pounds filet of beef @ 80c = 2.40
1 can mushrooms = .40
1 case sliced peas = .40
1 sack potatoes = .20
1 package cracker butter thins = .10
1 package cream cheese @ 5c = .50
1 bunch watercress = .10
1 onion = .05
Mayonnaise = .25
1 ice cream meringue (butter thins) = .20
1 pound fancy cakes = .40
1 pound cream meringue = .30
1 pound chocolates = .15
1 pound almonds = .10
1 bag peanuts = .10
1 pound coffee = .12
1 pound brown sugar = .12
1 dozen rolls = .24
Total = \$9.95

Hollow out the tomatoes and make a paste of the cream cheese, mayonnaise, chopped watercress and three drops of onion juice. Fill the centers of the tomatoes with this paste and serve one on two lettuce leaves on each plate. Blanch the peas and almonds, heat them in a little butter and sprinkle with salt.

Baked Corn and Tomatoes To the Editor of Woman's Page: Dear Madam—The following dish is very good: Put a baking dish with alternate layers of corn, peas, tomatoes and sliced bread crumbs and plenty of salt and pepper, a little sugar makes the sauce and a little of butter. Bake the bread crumbs on top layer. Bake for forty minutes with lid on. Then uncover and serve on top. (Mrs.) W. F.

Cooking Oatmeal To the Editor of Woman's Page: Dear Madam—New long soaked oatmeal cook in 15 to 20 minutes in indigestible. I have longer oatmeal is cooked the better. The best thing to do is to put it in a double boiler and place it on the back of the stove. Then, in the morning, add a little water and a little sugar and eat it with butter. Oatmeal is good for the stomach.

Removal of Iodine Spots To the Editor of Woman's Page: Dear Madam—Kindly answer the following question: I have a very bad iodine spot on a linen bureau cloth. I have tried everything I can think of, and would like to know if it can be removed. I have a black straw hat can be stiffened. It has started to drop from dampness. Iodine stains can sometimes be removed with alcohol.

Wants to Appear in "Movie" To the Editor of Woman's Page: Dear Madam—Can you tell me a good way to make a movie? I have a camera and I am eighteen years old and would like very much to make a movie. I have had very much experience, but am willing to make a trial.

The surest way to make an impression on the manager of a film company is to go to see him personally. If he is impressed with your appearance and thinks you have possibilities you stand more chance of being engaged than you would by writing to him.

Removal of Iodine Spots To the Editor of Woman's Page: Dear Madam—Kindly answer the following question: I have a very bad iodine spot on a linen bureau cloth. I have tried everything I can think of, and would like to know if it can be removed. I have a black straw hat can be stiffened. It has started to drop from dampness. Iodine stains can sometimes be removed with alcohol.

A waterproof stiffening is made as follows: Dissolve 100 parts resin, 100 parts wax, 100 parts turpentine, 100 parts castor oil, 100 parts alcohol, 100 parts water.

THE CHEERFUL CHERUB

How can I live a narrow life? The race is surging toward one goal. I'll just forget my petty griefs and try to join the cosmic soul.



When Mary Goes Walking

When Mary goes walking, The autumn winds blowing, The poplars they cursive, The larches bend low, The oaks and the beeches, Their gold they fling down, To make her a carpet, To make her a crown! —Patrick R. Chalmers.

Delicious Butter

Good butter is a special feature of every Childs Store. We handle the product of certain dairies that we know are positively dependable; and we insist that cleanliness shall be the watchword in every detail of the making.

"Sweet Bloom" 45c and "Sterling" 39c lb. As sweet and fragrant as its name implies. Nothing better comes from the churn. It can't lb. The equal of many "best" grades you see advertised. Unequaled as a second-grade, no matter where you go. lb.

Newly-laid Eggs

The trail of the cackling hen is closely watched these days; and newly-laid eggs, of the big, full, weighty sort, are gathered for our stores. No time lost between nest and table—dependable freshness in every shell.

"Sweet Bloom" 38c Selected Eggs 35c doz. The kind respectable hens are justly proud of; and the kind we gladly guarantee. doz. Of assured high quality and good size; very carefully selected and positively fresh. doz.

Whole Grain Rice

This is not common, ordinary rice; but extra quality, of the "Blue Rose" variety. The grains are clean, white, pearl-like; and the flavor as rich as rice can be. 5c lb. Verv wholesome food at a wonderfully low price.

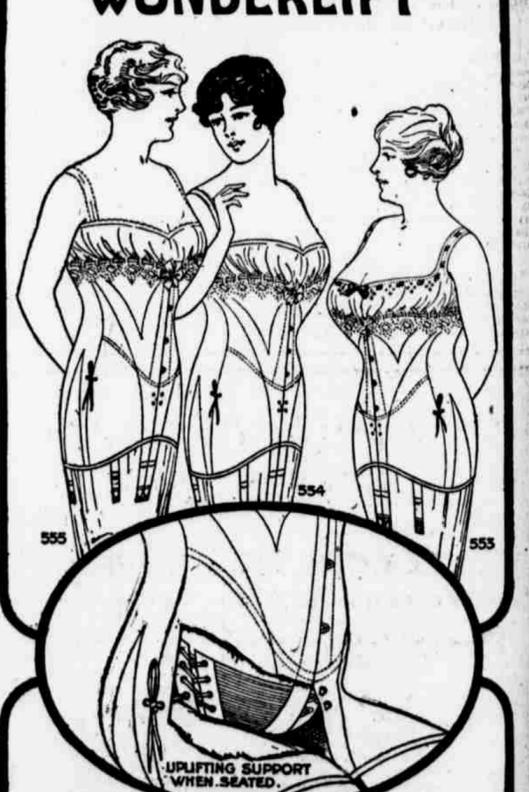
Five Pounds for Twenty-three Cents

CHILDS & COMPANY THE DEPENDABLE STORES

"Where Your Money Goes The Farthest"

Nemo STANDARD OF CORSETS AND SERVICE. These weekly announcements tell why the Nemo Wonderlift Service stands alone. No other corset combines such ultra style with healthful support, extreme figure-reduction and supreme comfort.

"WONDERLIFT"



"Wonderlift" Works Wonders! Do you see how it is done?

Put on your Wonderlift Corset in usual way (front steels must reach to lowest point of abdomen). Pull Bandlet lacers (on each side) slowly and evenly straight down, until the Bandlet (inside) gently lifts up the sagging flesh into normal position. Tie laces.

This will give you: Healthful support; comfortable reduction (you will lose inches and pounds); smooth, unbroken, youthful, fashionable lines; your best possible figure.

MODELS SKETCHED—No. 554, for the tall full figure; No. 554, for a fuller figure of medium height; and No. 553, for the very stout, stocky figure. All in sizes up to 36. \$5

Other Wonderlift models for other figures, from lean and bony (different form of Bandlet) to the extremely large and heavy—\$5 to \$10. One model de luxe—\$12.